



SCHOOL NEWS

The University High School Newsletter

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Principal's Report

Guys and Dolls

Congratulations to all students and staff involved in such a wonderful production. I'm sure all who attended would agree with me that our brilliantly talented students did a fantastic job. Thanks to the staff team for their much valued contribution also.

The National Schools Pride Program

Work has started on upgrading our hall toilets and will be finished before VCE exams. Parents will be able to see the changes when they attend the musical breakfast.

VCE Exams Mid Year Results

Congratulations to all our students who did so well on the mid year exams. We now look forward to you having a focus on the SACs and exams in early November.

Vienna Conference

Michael Foster, one of our new graduate teachers, has been selected to represent Australia (Australia's only representative) at a conference run by the Austrian Culture Ministry. The Association of German Teachers of Victoria nominated Michael and when he returns he will publish a paper about his experience. Michael will also share in discussion regarding methods used around the world with respect to German instruction. This is a great honour for Michael, and our school.

We congratulate him and wish him well. The conference is in our next holiday break.

Attendance and Lateness

Thank you to all the families who have helped support us to reduce the number of late arrivals to school. We still have some way to go and we will continue to seek your support.

2009-2010

Our program has started in asking students to select classes and courses for next year. Please assist us with this process by having appropriate conversations with your child. Information regarding subjects and programs is available on our website or from the Sub-Schools in hard copy. Our timeline is tight and we expect students to keep informed and meet deadlines.

Rob Newton

Principal

Calendar of Coming Events

August 25th

Year 7 immunizations, HepB and HPV

September 8th

Year 7 Sports Day

September 8th

Parents' Association Meeting, 7:30pm, Staff Room

September 16th

Year 8 Sports Day

September 16th

School Council Meeting, 7:30pm, GTAC

September 18th

Last Day Term 3, early finish 2:30pm

October 5th

First Day Term 4

October 21st

School Council Meeting, 7:30pm, GTAC

October 25th

Musical Breakfast

October 28th

Year 12 Valedictory

Extra-Curricular Activities and Competitions

This newsletter highlights the diversity of extra-curricular programs on offer at UHS. Many students are involved in sports days, music events, community action and clubs. Students are also encouraged by their teachers to participate in local, state, national and international competitions. This newsletter features the outstanding achievements of our students in Sport, Performing Arts, Maths, Science, French, German, Economics, VET and Media. As you read through the newsletter, you will not only notice the high level of student achievement but also gain an understanding of the values that underpin life at University High School: participation, enrichment, excellence and respect, to name a few. You will also notice how the strengths and talents of our teachers reaches out beyond the classroom as they coach, direct, facilitate, mentor, motivate and inspire students to perform at their very best and to actively contribute to society in a positive and rewarding way. Life at University High School is indeed very rich!

Heather Thompson
Assistant Principal

SCHOOL COUNCIL MEETINGS

The UHS School Council meets in the GTAC conference centre at 7:30 pm.
Next Meeting: Wednesday, Sept 16th

PARENTS' ASSOCIATION MEETINGS

The UHS Parents' Association Meeting in the school staff room at 7:30 pm.
All parents are welcome.
Next Meeting: Tuesday, September 8th

SCHOOL NEWS PUBLICATION DATES

Your next copy of School News should arrive in your letter box in October.

Mathematics Report

The University of Melbourne Mathematics Competition.

This year, eighty-nine students entered this demanding competition which runs for either two or three hours - depending on the division entered. This was a marked increase from the fifty-one students last year, and the result of ten prize winners was fantastic to see.

There were five Prize Winners in 2008. In particular, I would like to mention David Cui (12), who has been awarded for the second year running. Other award winners were Xiuxian Pham (12); Quentin Hong (11); Andrew Wei, Justin Lee and Elton Lee (9B3); Ian Song (8C1); Chang Zhang and James Xu (7S3); Jayson Liu (7C3).

All of these students have been invited to an Award Ceremony in October. Congratulations to all of the participants and we look forward to an even larger number of students entering next year.

Maths Challenge

Ninety-seven students entered this three week competition run early in Term 2.

In particular, I would like to congratulate the five students who received a High Distinction for their work; Kevin Mao (9B3); Jayson Liu, Rex Zhang and Michael Zhou (7C3); Monika Janinski (7S3). Overall it was a wonderful activity for the students and remains a valuable component of our extension program in the Maths Faculty.

School Maths Olympics

Every year on its Open Day, the Department of Mathematics and Statistics at The University of Melbourne holds the School Maths Olympics.

This year, our team of five volunteered their Sunday morning to bravely represent University High in this exciting and rigorous competition. Although unsuccessful in proceeding to the next round, I would like to congratulate David Cui, Xiuxian Pham and Edward Kwan (12); Quentin Hong and Alan Chen (11) on their efforts and overall excellence.

Stephen Paatsch
Head of Mathematics

UBS Finance Academy

During the first week of Term Three, I was given the opportunity to attend the UBS Finance Academy in Sydney. UBS, a global investment bank, runs the program each year for Year 11 students across NSW, ACT and Victoria.

At first it was incredibly daunting being with 49 other students. It was hard. I had only just met them. But soon we began to bond as we all had a shared interest in finance. Throughout the week we met many employees of UBS who gave us an insight on what their careers entailed, their lives and their passion for their job. My favourite from the week was by the Chief Economist at UBS, Scott Haslem, who talked to us about the current Global Financial Crisis. Other activities during the week took us to the ABC studio and the National Gallery of NSW.

The learning environment was different to school and was really hands on and engaging. Early in the week we completed personality tests. From these we were put in groups based on the idea that different personalities working together produce better outcomes. At the end of the week, each group presented a case study and our group was awarded best group with our presentation on the takeover of National Foods.

The UBS Finance Academy was an amazing, unforgettable and valuable experience which opened my eyes to the world of finance.

Bonnie Tran
Year 11

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Privacy Legislation reasons**

Sports Report

Uni High Old Boys

Let me introduce you to the Uni High Old Boys U18's team.

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University High School and Flemington Juniors
Football Club

Every Saturday these young men go out and represent University High School and Flemington Juniors Football Club in a combined team in the Victorian Amateur Football Association. William Cheeseman, Lachlan Allen, Jack Sail and Hugo Everist from Year 11, Nick Rowland, Andrew Papagiannis, Lachlan Habel, Lachlan St Claire, Harry Valentine, Abi Burman, Ben Russell, Daniel Irving, Jamal Benouzekri, Brusk Suna and Nio Pinto from Year 12 and Elliot Coombe from the graduating class of 2008 train every Tuesday and Thursday at Brens Oval under the watchful eye of Coach Kershaw.

2009 has been a successful season for the boys, finishing 4th and making finals. Three of the boys have also been selected to represent the Victorian Amateur Football Association in the U18 finals in New Zealand this year, two of them being Elliot Coombe and William Cheeseman.

We wish the boys the best of luck in their finals campaign.

Neil Coombe
Brookes Assistant

Boys Netball

Congratulations to the Year 7 & 8 Boys Netball team who competed in the Northern Zone Finals in July. Unfortunately the boys haven't advanced to the State Finals, but their stand out efforts on the day didn't go unnoticed. The boys played three games, pulling off an impressive win in their final game against

Northcote, with Oskar Rosa scoring ten goals. All the boys played well and were a pleasure to coach. Well done boys!

Northern Zone Success

Well Done to the seven teams who made it to Northern Zone Finals, and congratulations to the Year 8 Girls Soccer team and Year 8 Boys badminton team who have made it through to State Finals, last week of Term 3. Good Luck!

Hannah Wilson
Sports Assistant

Health & Human Development

Creating Conversations

The Creating Conversations evening was held on Tuesday 23rd June with approximately one hundred people in attendance was a great success. Creating conversations was a student led evening of interactive discussions that promoted communication between teenagers and their parents.

Topics included growing independence, trust, honesty, positive and negative risk taking, partying, relationships, drug use and misuse. Students performed skits and ran activities that allowed the audience to meet with other parents and young people and to engage in conversations relating to youth health issues. The VCE Health and Human Development class performed extremely well on the night and served up some delicious snacks and mocktails during the break.

Many thanks to Ms Burnett for helping on the night and especially to Ms Klopsteins for her

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Privacy Legislation reasons**

assistance and support with the preparations for the night and the running of activities.

Baby Think It Over - Year 11

Year 11 Health & Human Development students have been playing “mums and dads” as part of the Baby Think it over program which is a parenting simulation using a computerized baby. It is designed to help young adults understand that an infant’s demands are unpredictable and must be met promptly, that infants require a great deal of time and affection and that they change a parent’s life profoundly. It has been a great learning experience for the students to be part of this program.

Vivian Sipsas
Head of PE / Health

Student Leadership

World Vision Fundraiser

Thanks to Ms Chetty and 8C2 and Ms Khoo and 8S2 and 8B1 for their effort in raising over \$550 for World Vision. University High School sponsors a young boy (Mardoquero) in Guatemala, Central America.

The funds raised on Thursday 20th at a cake stall will pay for our sponsorship for the next year. Guatemala suffered decades of civil war and discrimination against the indigenous Mayans who make up most of the population. Half of the country is mountainous and volcanic while the other half is heavy jungle (where most of the spectacular Mayan ruins are situated).

The primary aim of our sponsorship is to enable Mardo to attend school instead of working in the fields to help break the cycle of poverty. Thanks to all involved who who assisted in the fundraiser.

Glenn Marchant
Student Leadership Co-ordinator

Careers News

Future Careers in Science

The Inner Melbourne VET Cluster invites parents to a fantastic free event. Biotech and Beyond: Future Careers in Science is targeted at parents of young people considering a Career in Science.

The school with the most parents attending will receive a \$200 cash prize for science resources. In addition, a door prize will be drawn on the night for a \$200 dinner voucher for two to The Press Club Melbourne, George Calombaris's Award Winning Modern Greek Restaurant.

DATE: Tuesday 8th September 2009

TIME: 6.30pm - 9.30pm.

7.00pm Panel discussion

LOCATION: The Hotel Windsor,
111 Spring Street,
Melbourne

MENU: Cocktails and canapés

DRESS: Smart Casual

FREE ENTRY: Places are limited, so you must book. Phone IMVC on 9686 2354

A panel of influential scientists will discuss their career journeys, the future career opportunities for scientists in Australia and how students can gain the relevant experiences and qualifications to pursue a scientific career. The evening will give you an opportunity to meet and mingle with the guest speakers, parents, careers staff, University and TAFE providers and enjoy beautiful cocktails and canapés in gorgeous art-deco surroundings.

Guest panelists:

- Dr. Shane Huntington
Principal Strategic Advisor Physics, University of Melbourne.
- Prof. Peter Rathjen
Deputy Vice-Chancellor (Research), University of Melbourne.
- Dr. Rony Duncan
Ethics researcher, Centre for Adolescent Health, Royal Children's Hospital.
- Dr. Sarah Meachem
Reproduction researcher, Prince Henry's Institute of Medical Research.

Community Services VET Awards

Earlier this term, Year 12 student Gena Reiss was selected as one of six finalists for the Community Services Student Achievement Award. Gena, her father and VET Trainer Maria Radoslovic attended a dinner held at the Plaza Ballroom for the presentations.

Maria said "Gena has shown herself to be a keen and conscientious student, demonstrating a commitment and passion to issues that impact the wider community, in particular impingement of people's rights. She has been able to apply her learning through her involvement in youth groups and is not afraid to engage at the grassroots level. Gena has shown empathy and leadership in the classroom as well as in her work placement."

Gena writes "It's important to love what you do - you need to have a passion for the industry."

Congratulations Gena.

Angela Moylan

Careers/Work Experience Co-ordinator

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Privacy Legislation reasons**

Guys And Dolls

WOW. What a show! All singing, all dancing, all colour and movement. The students of University High School transformed themselves into characters from Broadway and resolved their problems with style. The orchestra, made up of students at the school, opened the show with a rousing overture before the scene was set by Nicely-Nicely Johnson, Benny Southwest and Rusty Charlie discussing which horse would win the race. Sarah Brown (Atlanta Townsend) gathered her mission band and tried to convince the sinners of New York to repent and Follow the Fold. Meanwhile Nathan Detroit (Gus Viola) was juggling trying to find a safe venue for his crap game and fending off the advances of his long term fiancée Miss Adelaide (Hannah Layman).

The two hours of the show rollicked by as we were entertained by the cute Hot Box Girls dancing at the Night Club, Miss Adelaide's wonderful American accent and psychosomatic cold, a visit to Havana and Lieutenant Brannigan's relentless search for the crap game. Highlights of this year's show were two of the big dancing and singing numbers. Well done to Sky Master-son (Patrick Wingrove) and Nicely-Nicely Johnson (Jacob Lawrence) for leading the

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company in “Luck Be a Lady” and “Sit Down, You’re Rocking the Boat”. A member of the audience was heard to say that the last number was better than the professional performance in Melbourne last year!!

The staff running the show should be congratulated on such a tight performance. The choreography and movement by Stacy Burnett certainly added to the spectacle. Mary-Ann Augustinus and Nell Day met the challenge of dressing many girls as guys and finding all those Fedoras. I am constantly amazed by Johanna Verberne’s ability to discover new talent and train them to be fantastic singers. With Ken Harper’s dramatic training the story came to life as the audience was transported back to New York. Andrew Nicholls did a fantastic job on Set Design and Construction and Hayley Kuperholz organised the Programme and kept everything under control as Stage Manager.

Special thanks to Amanda Watson for organising Front of House, to the Music Faculty staff for their constant support and to those staff who so ably assisted with supervision on the night.

Congratulations to all those involved. What a wonderful show!

A word of advice to all those dolls out there - the guys don’t change however much you might want them to!!

Review - Anne Miles
Head of Humanities

Photos - Matt Jones
Year 11

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LOTE NEWS

AGTV/Goethe Institut German Poetry Competition

Learning a poem by heart is not an easy task, less so when the poem is in another language. As part of the LOTE programme students are asked to learn a poem in order to focus on pronunciation and rhythm of the language. As mentioned in the last newsletter eight students from Years 7-9 were then selected to go to the regional finals, held this year at Westbourne Grammar.

The competition was stiff and students from other schools were very well drilled. In a relaxed and confident manner University High School students equipped themselves very well and made us proud.

There were German quizzes and games on the table, which were tackled together, and students very much enjoyed the excursion. The best news of all was still to come; Louisa Reid won first place (and a very big shield from the Swiss club of Victoria) for the Year 9 competition.

Louisa was then afforded the opportunity to recite her poem in front of all the participants and teachers and did so with flare and to great applause. She now goes on to compete in the State Final later this year. The other students involved were: Anne Huynh, Yusuf Zyka, Roisin McSweeney, Sam Wen Huang, Sabine Johnson, Alana Carlton and Genevieve Morris

Many thanks to the teachers, parents and students who worked together to make this day a success and the best of luck to Louisa in her further competition.

Yolander Krockenberger and Jasper Johnson will be representing University High School at the senior Goethe Poetry competition. This event will be held at Melbourne University on Sunday September 6th. "Wir druecken Euch die Daumen Yolanda und Jasper!"

Michael Foster
LOTE

Alliance Francaise Finalists

We are delighted to announce to all that 10 of our students made it through to the finals of the annual Alliance Française poetry recitation competition for Years 7-10. They attended the Grey St home of the Alliance Française de Melbourne on Saturday 8 August. Our talented finalists are:

Year 7: Aidan Bartowski, Jasmine Nguyen, Rebecca Tambasco

Year 8: Hamdi Mohamed

Year 9: Jason Butt, Justin Lee

Year 10: Charlotte Barker, Miranda Bell, Madara Gamaralalage, Melissa Yoon

We have just heard that seven students have been selected as finalists in the VCE competition. The finals will take place on Saturday 29 August.

Year 11: Alexander Linger (Written Test), Gina Tonkin-Hill (Written and Oral Tests), Gabriel Stibio (Written and Oral).

Year 12: Phoebe Quinn, Blake Riley, Sven Svalbe, Sandy Yao (all for the Oral Test)

We congratulate all of the finalists and wish them success! The results will not be known until Term 4.

Sharon Rosvoll
LOTE Staff

Attention Beachcombers

Technology Materials / Jewellery needs your help. As part of our course we do pewter casting using cuttle fish to make the moulds.

On your wanders up and down the beach these holidays, could you please keep an eye out for large cuttlefish that have been washed up. We would be really grateful for any that you can donate to the School.

Maryann Augustinus
Technology Co-ordinator

Library News

Book Safari Celebrating Children's Book Week

The Children's Book Council of Australia has just celebrated its annual book week from 22 - 28 August. We began our celebrations by taking the Library Book Club to one of the schools days at the Melbourne Writers Festival. The featured writers we heard were Morris Gleitzman and Isobelle Carmody, both familiar names to young readers. Morris has just released a new book called, 'Grace' which he spoke about. Isobelle is the prolific author of many fantasy stories beginning with the Obernewtyn Chronicles. The focus of her talk was on her 'Little Fur' series. Students were able to get books signed in between sessions and browse at the book shop set up in the galleria.

During the week we held a fiercely contested book trivia quiz for a grand prize of a book voucher from Readings in Carlton and consolation prizes of chocolate treats. The Sun Bookshop in Yarraville set up a book stall in the Library on Thursday, August 27th. Staff could shop for books while enjoying a sumptuous morning tea. Students were able to do their own shopping at lunchtime and enjoy a warming cup of hot chocolate in the process. And, of course, students could enjoy reading the shortlisted and notable books from the best of Australian publishing over the past year.

The Great Book Swap

The Indigenous Literacy Project helps provide books and literacy resources in homes, community centres, schools, health centres and other organisations around Australia. To help raise awareness of indigenous literacy issues different events are held around Australia on Indigenous Literacy Day, Wednesday, September 2nd. One of these events is "The Great Book Swap". This involves students and staff donating one of their favourite books and paying a small fee to swap it for someone else's book. The money raised is donated to the

Indigenous Literacy Project to provide books and literacy resources in remote indigenous communities around Australia.

How Can You Help?

This is a simple but effective activity we can all be involved in. We would like to hold our Great Book Swap on Friday, September 4th. We're inviting all students, staff and parents to bring a book to school in advance of the swap. On the swap day we will display all the books at a 'shop' table in the Library and you can swap your book for another one by giving a gold coin donation. The collected money will then be sent to The Indigenous Literacy Project.

This is a very practical way to help indigenous literacy and we would love as many people as possible to get involved. See you at The Great Book Swap. For more information visit their website at www.indigenous-literacyproject.org.au

Rob Castles & Kate Marquard
Librarians

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PwC Australian Economics and Business Studies Competition

Megan Thompson and Edward Kwan were two of twelve students from University High School who participated in the PwC Australian Economics and Business Studies Competition. This is an Australia wide competition conducted by the University of New South Wales. Both students received High Distinctions in the competition in the area of Economics. They will be awarded prizes at a presentation ceremony to be held in September at the PricewaterhouseCoopers head office in Melbourne.

Alan Wittick
Humanities

Science News

One hundred and forty University High School students participated in the International Competitions for Assessment in Science competition. Twenty-one students were awarded High Distinctions, seventy-five Distinctions, thirty-seven Credits and seven Participation certificates.

Paul Lau in Year 10 was awarded a medal for scoring the highest mark in his year level in the state.

Students who achieved High Distinctions were:

Year 7

James Boyce, Andre Chambers, Sylvia Gunn, Alice Jiang, Brian Lew, Jayson Liu, Jake Morrissey, Hugo Saunders, Yuan Hong Tan, Carl Wang, Dorothy Wang, Yushu Zhang, Michael Zhou

Year 9

Damian Azzollini, Eric Chew, Justin Lee, Shuo Yao Li

Year 10

Paul Lau, Damian Pavlyshyn, Michael Scholz

Year 11

Quentin Hong

Congratulations to all students who participated in the ICAS competition.

Congratulations to two of our Year 11 students, Sebastien Collier and Quentin Hong, who were selected to participate in the Chemistry Challenge at the Faculty of Pharmacy and Pharmaceutical Sciences at Monash University Royal Parade Parkville campus. With teams from forty other schools they will complete the challenge in the September school holidays.

Justine Hamilton
Head of Science

Questions and Answers for the Science Week Quiz were:

- | | |
|---|-------------------|
| 1. How many people were at the largest off planet gathering? | 13 |
| 2. Nerves carrying messages between which two parts of the body cause high blood pressure? | Brain Kidneys |
| 3. How many times more likely is a motorist to have an accident if they are texting? | 23 |
| 4. List one of the dangers in the WHO highest cancer risk category. | Sunbeds |
| 5. What does the new sugarless chocolate protect teeth from? | Food acids |
| 6. What is the gestation period of the red panda? | 4 months |
| 7. How long will it take to recharge the "Leaf" car fully from a normal power point? | 8 hours |
| 8. What is a baby swan called? | A cygnet |
| 9. To accumulate 180 drink years how many drinks a day over 18 years would you have had? | 10 |
| 10. What part of the cloned ibex was physically defective? | Lung |
| 11. What type of oil, is contributing to the threat of extinction of orang-utans? | Palm Oil |
| 12. Are male cats more likely to be left or right handed? | Left |
| 13. How many litres of water is expected to flow from 142 homes in Warnambool into dams? | 20 million litres |
| 14. Superbug vancomycin resistant enterococcus is known as? | VRE |
| 15. What was the name of the computer that took over the spaceship in 2001 a space odyssey? | HAL |
| 16. Where near school are researchers developing malaria vaccines? | WEHI |
| 17. Where have there been kangaroo attacks in Melbourne in the past ten months? | Sunbury |
| 18. What year was the first flight across the English channel? | 1909 |
| 19. The seeds of mature mountain ash are how high above the ground? | 90-100m |
| 20. What is the bridge for animals across the Hume highway made of? | Rope |

Youth Documentary Project

As part of the Year 10 Media curriculum my Yr 10 Media class has been involved with the “Youth Documentary Project”. This was funded by the Bayside City Council. We we had the privilege of having a professional film maker work with the students one day a week to produce a documentary for the Bayside Youth Film Festival. This opportunity was provided to ten schools, mostly in the bayside area of Melbourne. Students worked in groups of three to five to produce their films during Semester 2. The films were submitted to the Film Festival for judging. Three films were shown at the Palace Brighton Cinema for the student viewing day and one film received an award.

“101 Excuses for School” by Jonah Pang, Kelleney Kong and Crystal Li received a Highly Commended Award where it was shown to a full cinema at the Awards evening.

the artistic director was that they loved the humour, they found it refreshing, clever and very entertaining.

Michaela Olsen
Yr 10 Media Teacher

On Friday 17th July, the Year 10 media class went to the Bayside Film Festival in Brighton. We watched documentaries students from other schools had made. The schools included Debney Park Secondary, Sandringham College and Murtoa College. I laughed when my documentary (“Dance to the Beat”) was shown. When my documentary finished I heard Ms. Olsen saying, “Oh that was so GOOD” to Mr Marotta.

“101 Excuses” won an award. Everyone thought it was funny, even the projectionist who was suppose to do his job, wanted to watch it but wasn’t allowed.

Trang Nguyen
Year 10

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It was a highly funny, mockumentary style documentary based on the great excuses that teens use in the school environment. Feedback from

The Victorian Student Number

Our school is working with the Department of Education and Early Childhood Development to allocate a Victorian Student Number (VSN) to each student at the school.

The VSN is a student identification number that is being assigned to all students in government and non-government schools, and students in Vocational Education and Training Institutions. The number, which is unique to each student, will be used as a key identifier on a student’s school records, and will remain with the student throughout his or her education, until reaching the age of 25. The VSN is nine digits long, randomly assigned, and tied to stable information about the student (name, gender, date of birth).

The introduction of the Victorian Student Number will provide the capability to accurately detect patterns of student movement through, and departure from, the Victorian education and training system. It will greatly improve the collection and analysis of timely and accurate data about education in Victoria. The Department collects information to track improvements made to the education system, identify areas that require further improvement, and to analyse trends and identify future needs. The VSN will improve the accuracy, reliability and completeness of this information, providing a better basis for assessing needs and developing policies to meet them.

You will see the VSN appear on student report cards, enrolment confirmations, and exit confirmations. If you want to know more about the VSN please see <http://www.education.vic.gov.au/management/governance/vsn/overview.htm>

Focus on Wellbeing

Year 11 Health Seminars - Talking Sexuality - 31st August 2009

Athi Kokonis is an experienced community educator from Family Planning Victoria. She will be speaking to all Year 11's on the 31st August about issues pertaining to sexuality and sexual health. Family Planning Victoria is committed to providing a positive, holistic and sensitive approach to sexuality and relationships. The lecture will be delivered in a way that allows all students, from many different cultures to be informed and be able to apply their own cultural values and beliefs to the information being given. We encourage all parents to have a conversation with students after they have attended this lecture about health and wellbeing.

If you have any questions, please call me at school or contact Family Planning Victoria: www.fpv.org.au

Getting the SLEEP you need Part 1

Sleep is essential for life! Sleep enables us to sustain health and wellbeing. Every night our sleep replenishes, strengthens and balances the bodily functions. A good night's sleep allows us to process all the emotional, mental and intellectual process that we have dealt with throughout the day. Sleep prepares us for the day ahead. With sleep loss we feel tired and lack energy. We then feel as though we need to eat more, or have those "pick-me-ups" like coffee, red bull, V or coke. When we feel tired or sleepy we are less likely to have the will power or the energy to exercise. Lack of sleep is linked to obesity, depression and type-2 diabetes. When we don't get enough sleep we can be moody and irritable, tend to emotionally "explode" at the slightest provocation, or even just feel really groggy upon waking in the morning.

Studies have shown that when we have enough sleep, we have increased problem-solving skills, more will power, are more alert, less likely to act on impulse, be more patient and less aggressive, and generally feel good about ourselves. Adequate sleep is important in the learning process, making it easier to listen and concentrate during the day. During sleep the information taken in during the day is processed and stored in our memory, resetting the brain ready for the next day of learning.

Sleep researchers suggest that teenagers should be getting at least 9 ¼ hours of sleep each night! Of course, there are many reasons why you may have trouble getting quality sleep. You may be exposed to bright lights that trick your body into thinking it's day time. You may have a hectic after-school schedule or lots of leisure activities that keep you going. In Western culture we tend to value activity and busy-ness. We sometimes

put sleep low on the list of priorities. The good news is; there are lots of ways in which you can remedy this as well. More in part 2.

So are you getting the sleep you need?

Sleep tight!

For information:

www.ybblue.com.au www.sleepfoundation.org
www.betterhealth.vic.gov.au

Canteen Visit

On Friday 24th July, a group from "Canteen" visited University High to present a workshop called:

"So my friend's living with cancer; now what?"

The aim of this workshop is to promote the awareness of what it is like to be affected by cancer. This may be directly, or indirectly. Canteen realises that many teenagers are in this situation, but need more support from their peers. Also, adults may need more support from peers in their workplace. The workshop gave some ideas on how to be a good friend.

We heard three monologues from young people who have been directly affected by cancer.

The first girl is a year 10 student who had a brain tumour. She spent the whole of year 8 and 9 in and out of hospital. She is doing well now, but found it difficult when people treated her differently at school. The second year 9 student told us about the fact that her Mum has cancer. This girl was in year 7 when her mum was diagnosed, and spoke of their everyday battle. The third young person spoke about her dad having chronic back pain when she was 15 years old. It turned out to be stomach cancer. All the visits to doctors and hospitals turned her family's life upside down. She felt, in some way that it was her fault. Her father passed away, which had long lasting effects on her ability to cope.

These amazing, resilient young people are conducting these workshops in schools to remind us to help each other out in times of need. The workshop was a positive experience, helping us realise that there are great positives to life, and we can help each other get through hard times. For more information go to: www.canteen.org.au

Katherine Klopsteins
Student Wellbeing Coordinator

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